



Slow-Cooker Chicken and Vegetable Tortellini Stew

READY IN



410 min.

SERVINGS



6

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby spinach fresh packed
- 19 ounces cannellini beans rinsed drained canned
- 1 cup carrots sliced
- 9 ounces cheese tortellini refrigerated
- 14 ounces chicken broth canned
- 1 teaspoon basil dried
- 1 medium fennel bulb chopped
- 2 cloves garlic finely chopped

- 2 tablespoons spring onion sliced
- 2 tablespoons parmesan fresh shredded
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 1 pound chicken thighs boneless skinless cut into 3/4-inch pieces (5 thighs)
- 2 cups water

Equipment

- slow cooker

Directions

- Layer carrots, garlic, chicken, fennel and beans in 3 1/2- to 4-quart slow cooker.
- Sprinkle with salt and pepper.
- Pour broth and water over ingredients.
- Cover and cook on low heat setting 6 to 8 hours or until chicken is no longer pink in center.
- About 20 minutes before serving, stir tortellini, spinach, onions and basil into chicken mixture. Cover and cook on high heat setting 15 to 20 minutes or until tortellini are tender.
- Sprinkle individual servings with Parmesan cheese.

Nutrition Facts

PROTEIN 38.58% **FAT 24.52%** **CARBS 36.9%**

Properties

Glycemic Index:54.31, Glycemic Load:14.57, Inflammation Score:-10, Nutrition Score:26.449565058169%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 478.18kcal (23.91%), Fat: 12.94g (19.9%), Saturated Fat: 3.85g (24.07%), Carbohydrates: 43.82g (14.61%), Net Carbohydrates: 35.82g (13.03%), Sugar: 4.09g (4.54%), Cholesterol: 122.19mg (40.73%), Sodium: 839.18mg (36.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.8g (91.61%), Vitamin A: 4255.03IU (85.1%), Vitamin K: 64.95µg (61.86%), Selenium: 31.58µg (45.11%), Phosphorus: 368.11mg (36.81%), Manganese: 0.67mg (33.6%), Iron: 5.94mg (32.98%), Vitamin B3: 6.44mg (32.19%), Fiber: 8g (31.99%), Vitamin B6: 0.6mg (30.23%), Potassium: 968.22mg (27.66%), Zinc: 4.05mg (27%), Magnesium: 92.38mg (23.1%), Folate: 88.94µg (22.24%), Calcium: 202.44mg (20.24%), Vitamin B12: 1.17µg (19.42%), Copper: 0.35mg (17.4%), Vitamin B2: 0.28mg (16.34%), Vitamin B5: 1.24mg (12.43%), Vitamin B1: 0.18mg (12%), Vitamin E: 1.56mg (10.4%), Vitamin C: 8.03mg (9.74%)